

SIZE.

"For primary or grammar school, with register of 54 pupils and attendance of about 50, the room should be about 33 feet long, 25 wide, and 13 high, which gives practically upward of 200 cubic feet of air and $16\frac{1}{2}$ square feet of floor space to each pupil."—*Sanitarian*, October, 1885.

LIGHTING.

The danger to the eyes of school children is the production of near-sightedness, due to an elongation of the eyeball backward, and insufficient light is the most potent cause. We beg to quote an extract on this subject from an article on the Care of the Eyes and Ears, prepared by Dr. R. H. Lewis for the Board of Health at the request of its Secretary at that time, the lamented Dr. Wood:

"It is now regarded as an established fact that the continued tension of the muscles of adjustment (accommodation and convergence) is the principal factor in the production of near-sight; and, as the nearer the object to the eyes the greater the tension or strain upon both these sets of muscles is, it follows that everything having a tendency to cause the undue approximation of objects on which the eyes are continuously used during childhood assists in the origination of this condition. I say 'in childhood,' because it nearly always begins during that period; and it does so for the reason that the tissues of all growing and immature animals are more soft and yielding than when they have attained the firmness of maturity—another reason for special attention to their general health at this time.

"Since a large part of childhood, and particularly that part of it in which the eyes are used most on near objects, is passed in the schoolroom, it is there that we would naturally seek the causes of this trouble. And it is there that they are generally found. School children are often compelled to hold their books too near—that is, nearer than ten inches—because the amount of light is insufficient. This question of plenty of light of good quality (the best is direct from a northern sky) in the schoolroom is of the highest importance, and can not be impressed too deeply upon those having such matters in charge. In a general way, it may be said that there should always be enough light to enable a child to read on a moderately clear day fine print in the darkest corner of the room at the distance of a foot. And the direction from which it comes is also important. Preferably it should come from the left and above, so that, while illuminating the page, it may not fall upon the eyes nor cast a shadow of the hand in writing. The next best direction is from behind, then from the right, but never from in front. The children should always look at a dead wall." The requirements necessary for such a light are: